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ABSTRACT

This guide for teenage mothers discusses the needs of the mother and her child during the first year of the child's life. Information on the child's and the mother's behavior and emotions just after the child's birth is presented. Also presented is information on the following: procuring items needed for tending the baby; playing; crying; breast and bottle feeding; bathing the baby; changing diapers; dealing with emergency situations; and weighing the baby. For months 1 through 12, the behavior and needs typical of the child for each month are described, and typical activities relating to motor, language, mental, and social development are listed. Included with the information for month 3 is a discussion of the development of the baby's first teeth; and for month 5, discussions of feeding the baby and preventing the baby from choking while eating. (BC)

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TEEN PARENTING

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THE FIRST YEAR

PS 020686

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TEEN PARENTING

* * *

THE FIRST YEAR

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FOREWARD

On the following pages, you will learn about the needs of a teenage parent and her child. The child will be giving you ideas, needs, and growth expectations during the first year of a child's life.

For each month you will find a section which contains ways of helping you become a new parent.

You may read all twelve months or pick the months that are of interest to you.

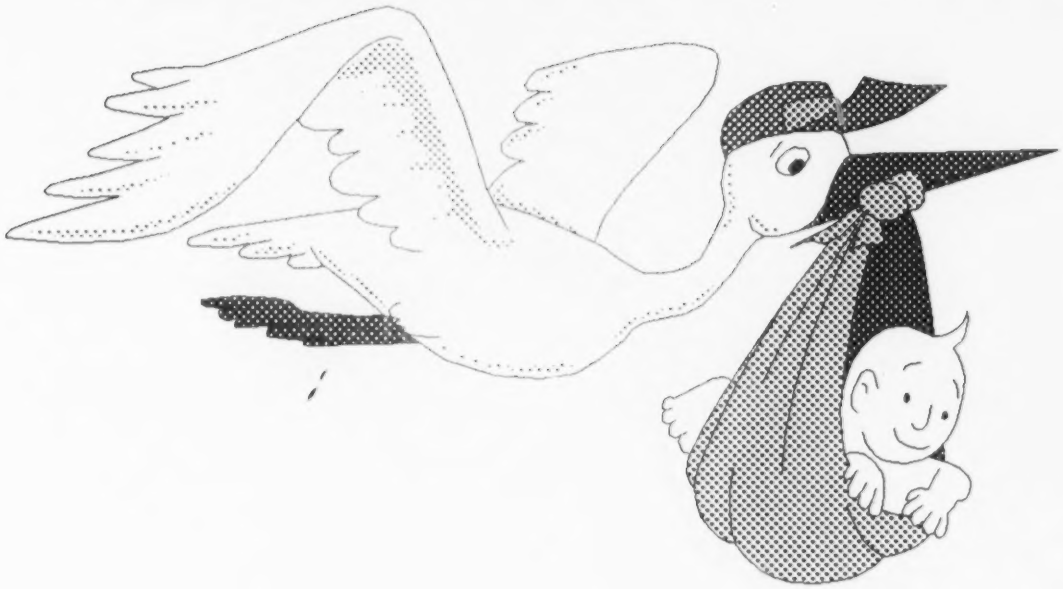
Most teenage mothers want to be good parents, and they can, with a few skill-building guidelines. Hopefully, this booklet will meet just that need.

Developed by

Jody McCamey,

1992

"I'M HERE"



Dear Mom,

I have written this booklet to help you get use to me and my needs.

The thought of bringing me home may scare you, but don't be alarmed. After all, our entire family situation is about to undergo a dramatic change.

Parenting is one of the most important roles in life but, all too often, it is the one for which you have had the least experience. Although I love my grandparents very much, I need the closeness that only you can give me through your soothing voice and gentle touch.

Some teenage moms say they wanted a baby so they would have someone that loved them. "I do love you Mom, but I am a lot of work." At first you will give me more love than I can give you.

Being a mother at any age is not easy. But being a young mother is harder, so take care of yourself by:

*Visiting the doctor regularly.
*Eating properly.
*Exercising but not "too hard" at first.
*Preventing a repeat pregnancy, as your body needs 2-4 years to recuperate after having me.
*Continuing your education. You will feel much happier if you complete this goal. Remember, there are agencies that will give me "free" child care if you stay in school.

I will show you in the upcoming pages how easy I am to care for if you give me proper attention and an overflowing amount of love. With your parental care, I will get a good start in life. I love you.

Baby

ZERO MONTH

What's Happening To You This Month

The excitement of childbirth has begun! Although I am no longer inside your body, other changes are occurring inside you. You may have feelings of joy, relief, shock, and/or "after-baby blues." Don't worry, these feelings are normal and your "blues" won't last forever.

When you feel lonely, sad, angry or tied down, it helps to talk to someone - a friend, another teen mom, or Grandma.

The first time you are with me, take time to look at my body - my toes, my fingernails, and my eyes. Don't be afraid to ask questions about me. Try holding me in different positions to see what is comfortable. Touch me and hold me close to you - this is how we can show our love to each other. Each time we are together you will learn more about me.

Within a few hours of my birth, you will recognize my cries as if you have been with me during much of that time. The more you know, the more comfortable you will feel with me when we are alone.

Don't forget to pamper yourself - a bubble bath, a nap when I'm sleeping, or your favorite music. You are the most important person in my life and I want you happy, too.

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Ideas For You and Me

Before I leave the hospital, I need a car seat for the ride home and for use whenever I go in the car. I also need someplace to sleep, like a crib, bassinet, or cradle. I prefer to snuggle in small, confined areas with sides in an attempt to recreate your womb. Some of the other items I need are listed below:

Home Checklist

Nursery Items

*Cotton or muslin sheets - 6
*Mattress pads - 4
*Blankets - 4
*Tub for bathing
*Large/small bath towels
*Washcloths
*Diaper pail

Toilet Articles

*Baby cream or lotion
*Baby soap or mild soap
*Baby oil
*Baby shampoo
*Cotton pads
*Small scissors for my nails
*Baby brush or comb

Feeding Utensils

(If bottle feeding)
*Sterilizer or pan
*Bottle brush
*Bottles/caps/nipples
*Tongs

Wardrobe

*Cloth or disposable diapers - 3-4 dozen
*Receiving blankets - 4
*Cap/coat/bunting
*Bibs - 6
*Socks or bootees - 2

Optional

*Dressing table
*Baby carriage
*Playpen
*High chair

What's Happening To Me This Month

Most parents have never seen a newborn baby before. Prepare yourself because I don't want to surprise or concern you, but I won't look like a cherub! Some say I look old - others say I'm unproportioned. My head may look too large and maybe lopsided from the pressures of delivery. My skin may be red, loose, and scaling; my nose may be flat; and rarely do I open my eyes. But give me a few days - I'll change.

The typical pattern of my development is from my head downward to the rest of my body, and from the center of my body outward. Usually, I will:

*Be born with blue eyes, but the color may change.
*Have a soft spot on top of my head which will close at 18 months.
*Roll over before I learn to crawl.
*Use my big muscles before I use my small ones (neck, arms, waist, legs, and back). When you hold or lift me, please support my neck and back with your hand and arm - my muscles are quite weak.
*Grab hold of things before I learn to let go.
*Reach for things before I hold on to them.
*Make funny noises before I learn to talk.
*Stand up by holding on to something before I walk.

My ears, back, and shoulders are furry, but this will disappear in a few months. My eyelids are puffy, but I see simple patterns and best at 8-10 inches. There are a lot of things to notice about me isn't there? Here are even more!

I NEED:

TOUCH - especially from you. We can talk to each other without saying a word.
LOVE - your closeness is what I prefer.
FOOD - the first five months, I prefer only your milk or formula - my stomach is very sensitive.
SLEEP - 18 to 22 hours a day at first. I may prefer to sleep on my stomach. Will you move my head to a different side whenever you put me back to bed? This way my head won't become flat.

I'm almost done!

I urinate 18 times a day, so you may want to change me 8 times daily, so diaper rash doesn't begin. Oh, I forgot! My bowels also move 4-7 times a day at birth, but I go less as I get older.

I will enjoy movement when I am older, but at birth I prefer looking at objects that are still. When I'm two weeks old, I will know your smell, and your touch. At one month, I will recognize you by sight - see how important you are to me!

PLAYTIME

I can have all the fun in the world with safe toys and objects, and have less chance of hurting myself. At birth, my toys need not to be included but if others want to buy me something, ask for simple rattles, teethers, squeeze toys, interlocking plastic rings, clutch balls, non-breakable mirrors and soft baby dolls in bright colors and simple designs.

Until older, I will play in my bed. Please have a padded lining on the inside of my bed as I may get my head caught between the bed slats.

CRIES

I cry for many reasons and not always will you know why, since I can't talk. When I cry, I'm saying that I need your help to make me comfortable again. I'll never cry because I'm mad, jealous, or because I want to get back at you - I don't know these feelings. My cries are different, as you see below:

*If my cry begins as a shrill scream followed by a short silence and gasps, maybe I've bumped my head or been jabbed by a diaper pin. In either case, I know you'll check me over and cuddle me on your shoulder and maybe even rock me for a while.

*When my cries start slowly and build to a loud, demanding rhythm, this usually means "I want to eat." I will get hungry at irregular times during my first months, so don't get upset if I have a hunger cry every two hours instead of four, as the baby book says. Even if you just give me a snack, I can cuddle with you, or rock with you, and I love how you tell me you feel about me.

*Another cry I might have may be a "fussy" cry. When I'm tired or have been held by all twenty-five aunts, uncles, and cousins, I may have a forced cry. If you cuddle me, give me a tour of the house, or spend a few minutes talking to me, I'm sure I will settle down. Sometimes, I might like swinging in my wind-up baby swing, if you are too busy or you can give me a pacifier to quiet my fussiness.

*If I repeatedly draw my legs up and then straighten them while crying, I probably have a stomach ache. Try burping me - this may release the bubble in my tummy.

I'm sure others have told you not to answer every one of my cries - that I will be spoiled and become more demanding. This is not the case. When you answer my cries, I am learning to trust you and that you will respond to me.

FEEDING

How to feed me is a personal decision and I know you will make the best choice for us both. I have detailed both feeding ways below:

BREAST FEEDING

The first two weeks of breastfeeding are the most frustrating for you--you may feel insecure and I'm no help, but you can do it, I know you can!

Buy a few nursing bras because they support your breasts and protect your clothes.

It takes me about ten minutes to "empty" your breast with the most milk coming in the first five minutes. The last part of the feeding supplies me richer and creamier milk which is the most nutritious.

Here are some easy to follow steps when feeding me:

*Hold me in the crook of your arm.

*Touch my lips with your nipple. Place your breast as far in my mouth as it will go. If I only get your nipple, you will be sore and the milk ducts will not give milk.

*Start with the left breast for ten minutes and then switch to the right one. I will stop when I'm full. Don't forget to burp me!

*To break my suction put your finger gently onto your breast close to the corner of my mouth--I will release! NEVER pull me off your breast as it will hurt you.

What you eat, drink, or take does show up in some form in your breast milk, so please eat healthy for both our sakes.

You can freeze your milk for up to four months, if it's poured in a sterile container, so you can have some time to yourself and still know I will be receiving your milk.

Talk to me when you are feeding me - I love to hear your voice. The more you talk to me the sooner I will try to imitate your voice.

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BOTTLE FEEDING

Most formulas are available in three different forms: Ready-to-use, concentrate, and powder. When you buy my formula or receive it from the WIC Program, make sure the label says "iron-fortified". Due to being a teen mom, you may be eligible for free formula and other things too from WIC - their number may be listed through the local health department.

Ready-to-use is expensive and is used for quick use - when we are traveling, for example, and it is difficult to stop.

Concentrate is formula that must be mixed with water. It is usually the most economical. Powdered formula is most useful as a supplement to breast feeding when only an occasional bottle is needed. To prepare the bottles and formula, follow me, "it's easy"!

*The nipples on the bottles need holes so I can drink my milk. If you dip a needle in boiling water, then stick it through the nipple center, I will suck the nipple to release the formula. Don't make the hole too large - just big enough so that milk drips slowly from the bottle when you hold it upside down.

*Mix the formula and pour it into a sterilized bottle (previously boiled in water - kills the germs). Plastic bottles are safer than glass. I forgot to mention that the nipples and caps need to sterilized too!

*Nursers (with a disposable plastic lining) are more expensive but it means less washing and since the liner collapses during drinking, I take in less air, having to burp less.

*Test the temperature of the formula before feeding me by letting a few drops fall on your wrist. If the milk feels room temperature, it is ready for me to drink.

Offer me a bottle of water occasionally, especially in hot weather. Use bottled water or water you've boiled and cooled. Please don't add sugar, honey, or corn syrup, fruit juice, soda pop, sweetened iced tea, or other sweetened drinks in my bottle.

While you're feeding me <u>always</u>:

*Hold me.

*Talk and coo to me and press me close to you while looking in my eyes.

*Take your time.

As a general rule, I will take 3-4 ounces every 3-4 hours during the first month.

Don't forget to burp me! Hold me upright over your shoulder and pat me gently on the back until the excess air is brought up. I will finish feeding within 10-15 minutes by stopping my sucking, falling asleep, or turning away from your nipple. I may spit up some, but I will outgrow this.

BATHING

This is our special time. If you can, try to keep my bath at the same time each day, uninterrupted, and unhurried. The best room temperature for me is 75-80 degrees and the water should be comfortable to the touch of your elbow (99-100 degrees).

Never leave me alone on the table or in the tub. If the phone rings or the doorbell sounds, don't answer it - I might hurt myself!

I know you may not have all of these items, but if available, try to have ready and within your reach:

Bath towel	Soft washcloth
Blanket	Clean diaper
Hamper	Clean clothes
Baby oil	Cotton balls
Baby soap	Cotton swabs
Baby lotion	No-tear shampoo

Now we are ready!

Until I'm two weeks old, I like a sponge bath in the wash basin - then I can be placed in a tub. When you bathe me, just remember a few steps:

EYES

-Hold my head and wipe each eye with a fresh cotton ball dipped in warm water and squeezed out.

-Wipe each of my eyes from inside out using a clean ball for each eye.

NOSE

-With warm water, use a cotton swab and cleanse just inside each of my nostrils.

-Pat me dry.

EARS

-Using a soft wash cloth, gently wipe the outside of my ears and behind them. There is no need to clean inside my ears as they naturally get rid of any build-up.

FACE

-Wrap a wet, squeezed-out washcloth around my head. Squeeze plain water from the washcloth onto my scalp. Don't be afraid of my soft spot. With your free hand, wash my head with shampoo using a circular motion. Rinse by squeezing more plain water from the cloth. If you see scales on the top of my head, this may be "cradle cap". Don't worry...Using my baby brush, shampoo my head and rinse my head thoroughly. A few drops of baby oil will help too.

BODY

-Soap the rest of my body. Rinse with a cloth.

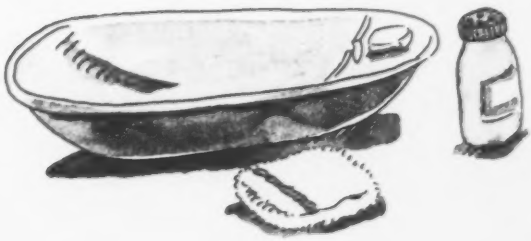
-Pat me dry.

-Dip a cotton ball in baby oil or lotion and apply lightly to groin, buttocks, and creases in my diaper area.

Be sure to keep my parts covered with a dry towel that you are not using, to allow me to stay warm and enjoy my bath.

TUB BATHS

When I'm a few weeks old, you can give me a tub bath. Place at least two towels on the bottom of the tub. Fill the bathtub to where my head rests. This way water will never get into my ears. Wash me as you would in a sponge bath. Isn't this fun!



DIAPERS

Whether you use cloth or disposable diapers, this is your personal preference. Cloth diapers are less expensive and are more absorbent, but you will need to buy diaper pins, water proof pants, and diaper-liners to complete the cloth diapers. Plan to buy 4 dozen.

Disposable diapers are chosen by most parents but they are more expensive. Whichever you decide to use will be fine with me.

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DIAPERING

My diapers should be changed when I wet or am soiled to prevent diaper rash. You may find that changing me will probably be enough. If I have sensitive skin, I may require more frequent changes. To ease your nervousness when changing me just:

1) Place me on a towel and remove my diaper.

2) Using warm water, wash my genital area from front to back, patting dry.

3) If I had a bowel movement, fold the soiled portion under and wipe me. Wash me with mild soap and water, patting dry.

4) You can use baby lotion or oil on me if you like.

5) Holding my ankles between your thumb and middle finger (with your index finger between my ankles), raise my hips and slide a clean diaper under me.

To avoid diaper rash, PLEASE:

*Keep my skin clean and dry.

*Gently clean diaper area with water and cotton during changes, especially after a bowel movement.

*Don't allow me to stay in a wet or soiled diaper. This will avoid the mixing of urine and stool.

*Use a diaper with very absorbent material that helps lock wetness away from my skin.

*If diaper rash develops and persists more than 48-72 hours contact our health care professional.

EMERGENCY PHONE NUMBERS

Doctor

Pharmacy

Police

Hospital

Active Parenting
1-800-235-7755

Child Support
1-800-252-8723

Emergency Food
1-800-359-2163

WIC (Food and Medical Attention)
1-800-572-3270

Poison Center
1-800-942-5969

Local Poison Center

Baby Care
1-800-526-3967

Parents Too Soon
1-800-4-Call-Us

Child Care Referral

Public Aid

DCFS

Formula, Shots
Local Health Dept.

Lawyer Referral
1-800-252-8916

IF I SWALLOW POISON:

-Call nearest poison center immediately.

-DO NOT follow directions on the container label until confirmed by the poison center.

-Keep syrup of ipecac on hand, always.

WHEN TO CALL THE DOCTOR:

CHECKLIST
-Fever which rises or returns.
-Unusual physical behavior.
-Cold with earache; hoarseness of voice, shortness of breath.
-Stomach ache with vomiting and/or diarrhea.
-Severe headache.
-Sprain with swelling.
-Head injuries.
-Swallowed something.
-Deep cuts.
-Broken bones.

BEFORE CALLING THE DOCTOR:

-Take my temperature.
-Know my specific symptoms, as:
  -Fever
  -Runny nose
  -Headache
  -Nasal congestion
  -Cough
  -Earache
  -Sore throat
  -Abdominal or other pain
  -Swollen glands
  -Rash
  -Sore eyes
  -Vomiting
  -Diarrhea
  -Constipation
  -Changes in urination
  -Changes in sleep pattern
-Know the name, address, and phone number of pharmacy.

WHEN CALLING THE DOCTOR:

-State your name and my name.
-Give our telephone number.
-State reason for calling:
  -"This is an emergency."
  -"My child has the following symptoms."
  -"I would like to make an appointment for my child."

WEIGHT

There is no "normal" or fixed rate at which I should gain weight. Like most babies, I will regulate my weight gain by eating only what I want and no more.

To keep track of my growth, you may want to weigh me each week and record my changes on the chart on the next column.

Like most healthy babies, I will usually gain 4-7 ounces each week. By my fifth month, I will have doubled my birth weight. After this time, however, my growth begins to slow. You may also wish to measure my length about once a month and record it on the chart.

"Mom, why not buy a diary to write my marvelous accomplishments? What did I do today? How do you feel about me? If you get busy and miss a few days, don't worry. This will be our treasure but it will also help the doctor if I later develop a medical problem."

Don't forget pictures! For the first several weeks, take a picture of me every seven days. Later, change to monthly pictures, but always keep your camera handy.

By the end of my first month, you should be used to having me around. Let's try a few things to check my development;

*Place me on my back. I will hold my hips and knees bent with my feet turned up.

*If you gently press my knees downward, you will feel resistance from my muscles.

*Place me now on my tummy. I keep my elbows bent and close to my body with my hands near my head.

*My bottom is "humped" up.

My Monthly Record

Date	Weight	Length
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

My Big Firsts

First Smile Date _____
First Rolled Over _____
First Full Night Sleep _____
First Sat Up _____
First Crawled _____
First Tooth _____
First Stood Up _____
First Step _____
First Solid Food _____
First Word _____
Word _____

MONTH ONE

What's Happening To Me This Month

I Like To:

*Listen to your voice.
*Stare intently at faces and eyes.
*Be cradled and fed by you.
*Sleep.

During these first weeks at home Grandma can be a real help. Her main assets are her moral support for you and her experience as a mother. In addition, she may assist you with my care.

According to many doctors, a month old baby, like myself, sleeps more than anything else, cries more than is active, and divides the awake time between drowsiness and alertness.

I can actively squirm, kick, or suck on my fist as much as twelve hours a day. If you watch me, I grow more active before feeding and urination. Although it is not painful, loose clothing bothers me. I will calm down when I am well swaddled.

As I progress through the first weeks, I will begin to respond to your face. You can tell I'm growing older when I:

*Have a true social smile.
*Stare at my own hand.
*Sleep less.

"Mom, don't forget to get me a social security number. It's not too soon to apply for one."

Here's How I'm Developing

My First Month Growth Chart

Motor	Language	Mental	Social
-Thrust arms and legs in play. -Lift head briefly. -Keep hands fisted. -Stare at object.	-Begin small throat sounds. -Respond to voice.	-Prefer patterns. -Alert 1 of 10 hours. -Become excited when see toy or person.	-Respond to joy & pain. -May smile. -May know your voice.

MONTH TWO

What's Happening To Me This Month

I Like To:

-Listen to sounds.
-Look at my hands.
-Hold my head up and follow moving objects with my eyes.
-Smile and be smiled at.

Please Give Me:

-Soft safe toys.
-Your voice.
-Your smile.

Ask My Doctor About:

-DPT shots.
-Oral polio vaccine.

In the next column is a chart to record my immunizations. I'll need them when I go to school.

Immunizations

	Date	Physician
DPT	_____	_____
Tetanus	_____	_____
Polio	_____	_____
Mumps/Measles	_____	_____
Rubella	_____	_____

Immunity Tests

Schick Test	_____	_____
Tuberculin Test	_____	_____
Other	_____	_____

Around eight weeks, I may begin to babble when I'm content. I am playing with sounds because they please me and I'm exercising my speech organs. I may start sleeping through the night - I bet you are glad about that!

Although I am still very small, I am growing inside and out. My lungs and digestive system have developed and strengthened as I have eaten, cried and slept. When you think about it, I have been very busy for such a little person!

Here's How I'm Developing

My Second Month Growth Chart

Motor	**Language**	**Mental**	**Social**
-Startle easily.	-Coo.	-Stare.	-Smile.
-Cycle arms/legs.	-Interested in sounds.	-Focus eyes on subject.	-Suck fingers.
-Hold head up for few minutes.		-Attempt to grab objects.	-1 night feed.
-Keep head erect.		-Repeat actions.	-Enjoy bath.
-May hold objects for few minutes.		-Get excited.	

MONTH THREE

What's Happening To Me This Month

I Like To:

-Wave and watch my hands.
-Bring objects to my mouth to explore them.
-Listen to the sound of my voice.
-Push off with my feet.

Please Give Me:

-Bells on my booties.
-A patterned sheet on my bed.
-Music.
-Mobile.

Things We Can Do Together:

-Hold me for 1/3 - 1/2 the time that I am awake.
-Sing and talk to each other.
-Take walks in the stroller.

NEVER:

-Restrict me in a playpen or crib too often.
-Prop my bottle.
-Let me cry for over 10 minutes.
-Shout at or hit me.

The third month is a fun period for both of us. I am more alert, active, organized and responsive.

I may cry frequently and this is due to my teething. A rubber teething ring to chew on may help to relieve my sore gums.

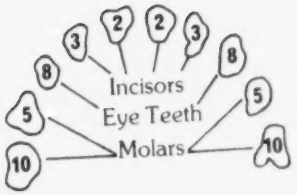
Here's How I'm Developing

My Third Month Growth Chart

Motor	Language	Mental	Social
-Voluntary body control.	-Coo "ooh, ah, ae".	-Attentive up to 1 hour.	-Smile a lot.
-Move arms/legs in unison.	-Gurgle.	-Follow objects.	-Know Mom.
-On tummy, hold chest up and head erect for 10 seconds.	-Cry less.	-Reach with two hands.	-Respond to faces.
-Lift head for many minutes.	-Listen to voices.	-Show memory.	-Vocalize when talked to.
-Sit supported.		-Watch hands.	
		-Stop sucking to listen.	-Night sleep 10 hours.

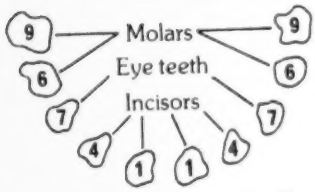
First Teeth and Age They Appear

Upper teeth



Incisors	8-10 months
Molars	12-15 months
Eye teeth	18-24 months
Molars	20-30 months

Lower teeth



Incisors	6- 8 months
Incisors	12-15 months
Molars	12-15 months
Eye teeth	18-24 months
Molars	20-30 months

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MONTH FOUR

What's Happening To Me This Month

I like To:

-Smack and pout my lips.
-Chew on things.
-Splash in tub.
-Raise myself up by arms.
-Laugh out loud.

Please Give Me:

-Variety of toys/objects.
-Dangling toys to watch.
-Music and records.

At four months, I start bringing together many of my skills. My vision, hearing and muscle control all begin to function in conjunction with one another and I turn my head in order to see the person when I hear a familiar voice.

If you are wondering if I am spending too much time on my back or one side, look at my head. Is my hair worn off the middle in the back? Place me on my stomach during waking hours and sleeping ones.

Here's How I'm Developing

My Fourth Month Growth Chart

Motor	Language	Mental	Social
-Turn head in all directions.	-Coo 15-20 minutes.	-See in color.	-Show moods.
-On tummy, roll from side-to-side.	-Strong voice.	-Head/eyes turn in coordination.	-Quieted by music.
-Sit supported 10-15 minutes.	-When talked to, I smile, squeal.	-Reach/grab/ lets go of objects.	-Smile at mirror.
-Retain doll-sized objects.	-Imitate tones.	-Memory span 5 - 7 seconds.	-Cough/ clicks.
	-Love to play/ squeal in bath.	-Prefer certain toys.	-Don't like to lie down.

MONTH FIVE

What's Happening To Me This Month

I Like To:

-Feel, shake, and bang things.
-Roll over.
-Sit with support.
-Lie on my tummy.
-Bite on things.

Please give me:

-A toy to kick.
-Rattles.
-A spoon/teether to hold.
-Faces to look at.

I am now ready to handle semi-solid foods. When I begin to open my mouth and lean forward or show disinterest by leaning back, I am ready for solid food.

When I can keep food in my mouth and swallow it rather than pushing it back out on my chin, this is a signal that I am ready to eat from a spoon.

Iron-Fortified Infant Cereal

Iron-fortified infant rice cereal is a good choice for my first solid food because it:

*Is easily digested,
*Is not likely to cause reaction,
*Contains nutrients, and
*Can be altered in texture.

Oak and barley cereal can be added at 1-week intervals. Adult cereal should not be given to me before 8-9 months because they are high in salt and sugar.

Fruits and Vegetables

Fruits and vegetables may be introduced when I am eating 2-3 tablespoons of infant cereal. Use commercially prepared baby food.

Here's How I'm Developing

My Fifth Month Growth Chart

Motor	Language	Mental	Social
-Lift head/chest high off mattress.	-Utter vowel sounds.	-Alert 1-2 hours.	-Show fear.
-Bring feet to mouth and suck toes.	-Babble.	-Pick up blocks.	-Make face.
-Easily pulled to stand.	-Imitate.	-Want to touch, turn, mouth objects.	-Wave.
-Sit supported.	-Understand name.	-Resent strangers	-Cling.
-Can grasp object.		-Drop one toy to pick up another.	-Wake at dawn
-Play with rattle.			

FEEDING

General Tips:

*After a gradual introduction, serve me varieties of each type of food.

*Never force me to finish the serving. Feed me until I indicate fullness by not opening my mouth, pulling away from my spoon, turning away, or pushing food back out of my mouth.

*Be calm and friendly but not overwhelming. Follow my lead on speed, food preferences, and amount.

*Avoid adding salt, sugar, spices, seasonings, or fat in all foods. I do not need these ingredients, and spices and seasonings may irritate my digestive system.

*Test the temperature of foods before feeding them to me to make sure they are not too hot.

*Begin to offer infant formula or breast milk from a cup. I will consume less formula or milk from the bottle as my intake of solids and drinking from a cup increases. Eventually, I lose interest in my aftermeal bottle and it can be quietly discontinued.

*Offer sterile water in a bottle or a cup during the day since additional water is often required when solids are introduced.

Foods to Avoid:

*Do not give raw fruits (except ripe bananas) and vegetables to me because they may cause choking and be difficult for me to digest.

*Do not give citrus fruits, egg white, shellfish, and chocolate to me before 1 year of age because these foods may cause allergic reactions.

*Never give honey, including sources used in cooking or baking (such as honey graham crackers) to me. Honey is sometimes contaminated with Clostridium botulinum spores. If these spores are ingested by me they can produce a toxin which may cause a type of foodborne illness called infant botulism.

You Can Help Prevent Choking -

Young children are at the highest risk of choking on food and remain at high risk until they can chew better. Choking kills more young children than any other home accident.

Watch Me During Meals and Snacks To Make Sure I:

*Sit quietly.
*Eat slowly.
*Chew food well before swallowing.
*Eat small portions at one time.

Fix Table Foods So They Are Easy To Chew:

*Grind up tough foods.
*Cut food into small pieces or thin slices.
*Cut round foods, like hotdogs, into short strips rather than round pieces.
*Take out all bones from fish, chicken, and meat.
*Cook food until it is soft.
*Take out seeds and pits from fruit.

The foods which are popular with young children are often the ones which have caused choking.

Foods That May Cause Choking:

*Firm, smooth, or slippery foods that slide down the throat before chewing, like:
-hotdogs -peanuts
-hard candy -grapes

*Small, dry, or hard foods that are difficult to chew and easy to swallow whole, like:
-nuts and seeds -popcorn
-potato chips -corn chips
-small pieces of raw carrots

*Sticky or tough foods that do not break apart easily and are hard to remove from the airway like:
-peanut butter -tough meat
-raisins and other dried fruit

MONTH SIX

What's Happening To Me This Month

I Like To:

-Bang, shake and throw objects.
-Gum objects.
-Turn in all directions.

Please Give Me:

-A ball to clutch.
-Squeaky toys.
-Gumming toys.

REMINDER:

Unlike last month, I am now fearful of strangers. Again, this is a phase and I will outgrow it.

Be a ham, put lots of drama into your voice. Make it rise and fall, change from soft to loud, alternate from slow to fast. I am learning to match words with actions and soon I'll understand a lot of these games well, like peek-a-boo.

Although the actual cord was cut months ago, the emotional umbilical cord connects me to you. You may see me try to get to a ball while I'm on the floor. I see it and struggle to get it, but I'm not too efficient. Even though you are trying to be helpful, please don't! I need to struggle to learn independence. Praise me when I struggle and win, but more importantly, praise me when I struggle and lose.

I need to be stimulated. If you place me on my stomach without clothing for a short time before my bath, I will experience sensations over the skin of my body. Gently rub my back, arms, and legs with your hands. Make a babbling noise against the skin in the hollow of my neck or against my soft tummy.

A "ticklish" baby is often sensitive to touch because they have not had enough stimulation of their sense of touch.

Here's How I'm Developing

My Sixth Month Growth Chart

Motor	Language	Mental	Social
-Turn head freely.	-More control of sounds.	-React to changes.	-Turn when hear name.
-Turn body in all directions.	-Become active during excitement.	-Alert two hours.	-Call you for help.
-Roll from back to stomach.	-Giggle.	-Lift cups.	-Grasp foot.
-Creep.	-Belly laugh.	-Inspect objects.	-Like games.
-Stand with support.			

MONTH SEVEN

What's Happening To Me This Month

I Like To:

-Sit without support.
-Use my fingers/thumb together.
-Bite on my teeth.
-Get excited.
-Show likes/dislikes.

Please Give Me:

-Toys in the bath.
-Objects for making noise.

You will notice that I don't like you out of my sight.

Now is the time to safety-proof our home as I will be moving about and I know that you don't want me to get hurt in a light socket or under the sink.

THINGS NOT TO DO:

-Use baby talk.
-Be annoyed when I show fear of strangers.
-Shout at or hit me.
-Leave me unattended in house/car.

Here's How I'm Developing

My Seventh Month Growth Chart

Motor	Language	Mental	Social
-Balance head well.	-Use vowels/ consonants.	-Grasp toy.	-Pat mirror.
-Rock on hands/ knees.	-May say Mama or Dada.	-See near/far.	-Explore body.
-If supported, I can step in place.		-Look for toy disappeared.	-Show humor.
-Sit with slight support.		-May imitate.	-Resist doing as requested.
-Hold two objects.		-Transfer toy from hand to hand.	-Chew fingers.
			-Play with toys.

MONTH EIGHT

What's Happening To Me This Month

I Like To:

-Look for toys I dropped.
-Explore.
-Practice new skills.
-Sit alone.
-Drop/pick it up again.

Please Give Me:

-Several toys to bang.
-Plastic cups.
-Spoon and cup at meals.
-A mirror to see myself.

When I grasp something, I look like a monkey because I have not yet learned to use my thumb efficiently. Everything goes into my mouth. All of this is a part of my learning process. I want to find out its shape, texture, size, hardness, taste, sound, etc. Sometimes I prefer one hand and then the other.

Bread or crackers may be served as the snack during this time as it calms my hunger pangs and I can practice picking up foods. Try to get crackers made from whole-grain or enriched meal or flour.

Now is a good time to introduce meats. Offer me well-cooked strained or pureed lean beef, pork, lamb, veal, etc. Do not add fat, salt, seasonings, or spices to the meat. Avoid mixed vegetable and meat dinners as they contain little meat.

Drinking From A Cup

When I am able to sit alone is a good time to introduce me to a cup. Small amounts of juice, infant formula, breast milk, or water are good sources of nourishment for me. Spills will be less if you give me a cup with a spout, lid, and two handles.

Here's How I'm Developing

My Eighth Month Growth Chart

Motor	Language	Mental	Social
-Pivot on tummy.	-Vocalize satisfaction.	-React quickly.	-Pat, smile, kiss mirror.
-Crawl.	-Mimic mouth movement.	-Search for hidden object.	-Fear strange people.
-Pull on furniture to stand.	-May recognize words.	-Aware of body movement.	-Shout for attention.
-Need help to get down.			-May bite or chew things.
-Sit alone for several minutes.			
-Pick up string.			

MONTH NINE

What's Happening To Me This Month

I Like To:

-Pull myself up.
-Creep on the floor.
-Play pat-a-cake.
-Crawl.
-Dance, wiggle to music.

When I'm Sick

Illness is as normal as teething, learning to walk, and "growing up." In fact, it is part of growing up.

When I get a cold or mild flu-like illness, it will usually include one or more of the following symptoms: fever, runny nose, cough, vomiting, or diarrhea.

To cool me off, try sponging me with cool water. Aspirin should not be given to me since I'm under one year of age.

If I get worse in the second 24 hours, call my doctor. Colds usually precede more serious illnesses, such as ear infections, tonsillitis, bronchitis, and pneumonia. So, watch me carefully for additional signs when I become ill.

Here's How I'm Developing

My Ninth Month Growth Chart

Motor	Language	Mental	Social
-Crawl with one hand full. -Can turn around. -Crawl upstairs. -Stand briefly. with one hand held. -Sit in chair. -Will sit down from standing.	-Imitates coughs/ tongue clicks. -May carry simple commands.	-Fear heights. -Uncover toys. -Can keep series of ideas in mind. -Persistent.	-Protect possessions -Perform if encouraged. -Play pat-a-cake. -May fear bath.

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MONTH TEN

What's Happening To Me This Month

I Like To:

-Poke my finger in small openings.
-Explore my physical environment.

Please Give Me:

-Cloth or stiff cardboard books.
-Plastic discs on a chain.
-Blocks, toys, or empty boxes.
-Motion toys.

I like to poke my index finger at food in my dish; try to dress myself; may have trouble sleeping, will copy you; will show my feelings of hurt, anger, happiness; and I prefer certain toys.

Discipline

There are some "things" you want me to do and have -- and other "things" that are "no-no's." I don't understand respect, so it might be better if you eliminate these "pretties" from my grasp. In a few months I will understand "NO", but right now I really don't.

Here's How I'm Developing

My Tenth Month Growth Chart

Motor	Language	Mental	Social
-Stand with little support. -Side-steps along furniture. -Walk holding two hands.	-Say "NO". -Shake head no. -Obey words. -Will repeat words.	-Reach behind for toy. -Point, poke with index finger. -Point to body parts.	-Show moods. -Aware of self. -Pull off hat for fun. -Help dress self.

MONTH ELEVEN

What's Happening To Me This Month

I Like To:

-Examine objects carefully.
-Be danced with and sung to.
-Play next to children - not with.
-Show affection.

Please Give Me:

-A ball and rolling toys.
-A set of mixing bowls.
-Lots of conversation.

By now I'm so much a part of the family that it is hard to remember what the family was like without me.

Although I may take a few steps, I still prefer crawling when I want to get there fast.

I am beginning to cooperate with dressing, ducking my head, putting out both feet for one shoe, etc. I wave bye-bye and may even indicate my desire to leave by reaching for the door and vocalizing my message in some way.

Bath time is great fun time. Wash cloths are for sucking, water is for splashing.

Here's How I'm Developing

My Eleventh Month Growth Chart

Motor	Language	Mental	Social
-Stand alone. -Wave. -Squat and stoop. -Climb up stairs. -Hold crayons. -Carry spoon to mouth.	-Speech, gibberish. -Say 4-5 words. -Mumbles. -Express though with single word.	-Point at object. -Explore container. -Scribble. -Aware of own actions.	-Assertive. -Dependent more on Mom. -Not cooperative.

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I AM ONE YEAR OLD.....

I Like To:

-Master new motor abilities.
-Put lids on containers/take off.
-Climb modest heights (6" or less).
-Have relationships with people.

Please Give Me:

-Plenty of patience.
-Affection.
-Praise.

Here's How I'm Developing

My Twelfth Month Growth Chart

Motor	Language	Mental	Social
-Pivot body.	-Practice words.	-Reach accurately.	-Express many emotions.
-Go up/down stairs.	-Babble short sentences.	-Unwrap toys.	-Sense of humor.
-Climb out of crib.		-Use trial/ error to solve problem.	-Self-feed.
-Take cover off jar.			
-Undress self.			

My first birthday is a great occasion. If I haven't already, I will probably be walking soon. Are you ready for this? You will notice that I'm accident prone, too. I also can talk with people through gestures, signals, sounds, and even some words. I can feel love and can express it too.

I have, with your love and guidance, become a small person.

Thank you, MOM!

BABY

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